

*King of Fruits*

# APPLE TALK



*Recipes for*

*55 Ways to serve  
the Apple*

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REMOTE STORAGE  
To Create a Greater Publicity and Consumption of the Apple

“THE KING OF FRUITS”

# APPLE TALK



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# *The Apple as Food*

*By J. A. Husik, M. D.*

Extracts from article appearing in Portland, Oregon, *Journal*.

By far the most common fruit food is the apple. The apple is adapted, perhaps, more than any other fruit to a great variety of uses in the household. It is most frequently used raw, but is also employed in making sauces, pies and pastry of different kinds.

Fully four-fifths of the ripe fruit is water and one-fifth solid material. About 15 per cent of the apple consists of nutritive materials. There are very small quantities of protein and fat, both not exceeding 1 per cent, while more than 14 per cent of the ripe fruit consists of carbohydrates in the form of sugar. The food value of the apple, therefore, depends almost entirely upon this sugar. The flavor of the apple is determined both by the quantities of sugar contained therein as well as by certain ethereal oils, and by a substance which is common to most fruits, known as tannin. The quantity of tannin in the apple is so small it produces no ill effects whatever. On the contrary, physicians and hygienists are agreed that the apple is a very beneficial food to eat, in that it tends to promote a very vigorous digestion. There are several points to be remembered, however, in regard to the healthfulness of apples. The fruit may prove injurious when eaten in either the unripe or over-ripe condition. The green apple (speaking of the unripe condition) is well known for its power to upset the digestive system. It is wise to peel the apple before eating or at least to wash its outer surface well.

Measured by the cost of producing them, the apple is perhaps the cheapest article of diet. The fruit should be eaten to a much greater extent than it is at present, because it is nutritious and wholesome.

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## *Beautiful Tribute to the Apple*

An apple is one of the masterpieces of nature. A vast, complicated interplay of forces worked together to produce it. For years the tree grew from seed to trunk and branches, and then through many months it carried on the secret, subtle chemistry by which it distilled its juicy sweets into its ripened fruit. Bursting into fragrant bloom and bud in May, it then elaborated its sap into the flesh of the apple and flavored it



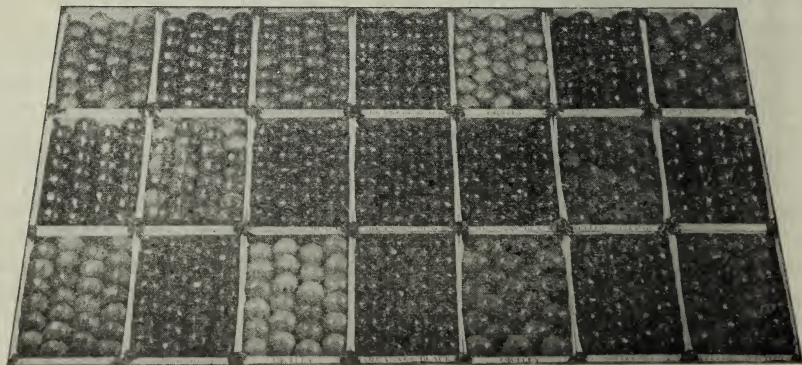
with sugar, spiced it with wine and wrapped it in its thin but tough integument. The breezes fanned it, the showers baptized it, the sun kissed it and the frost mellowed it. It distilled its most delicate flavors from the dew and caught its colors from rainbows and sunsets. Earth and sun watched over it and the solar system cradled it in its care. That apple literally became a center of the universe and all the stars revolved around it. After such wide toil and tender care, with so many virtues and graces lavished upon it, no wonder that it comes to us as one of the choicest gifts of nature. And now it will presently appear on our tables prepared in many appetizing forms, apple sauce, apple butter, stewed and baked, and especially as that universal favorite, apple pie, or even better still, apple dumplings. It will be flavored and spiced so that its very odor will make the mouth water. But why cook an apple? The raw fruit, just as it fell ripe and mellow from the tree and came fresh and crisp from the cool cellar or with the frost of the orchard still upon it, needs no culinary art to improve it. It melts in the mouth and sends its delicious sweets in a stream of exquisite sensations down along the whole digestive tract. A knife spoils it; let it be crushed and crunched in the mouth and then it gives out its richest flavor and yields the greatest satisfaction. The apple is one of the most wholesome of our fruits and has health-giving and medicinal virtues of the greatest value. It starts all the secretions into vigorous action and floods the system with a fresh tide of life. It is a friend of health and a foe of disease. It is food, tonic, condiment and cosmetic all in one. It imparts its own virtues and its wine kindles brilliance in the eyes, and its ruddy colors plant roses in the cheeks. One can hardly eat too many of them, and after the heartiest meal there is always room for at least one apple more. And an apple is a social fruit. It flocks in great multitudes and heaps in the orchard and it draws human beings together in fellowship. Sometimes there is only one thing better than an apple, and that is another apple that is being eaten by a friend. One does not enjoy an apple so well alone; it suggests comradeship and fellowship, and then its colors glow in richer hues and its flesh is more juicy. On a winter evening around the family fireplace it is a means of family unity and grace. Plenty of good apples will help to keep the children at home and in at night. When the neighbors come in, the inevitable basket of apples always puts everybody at ease and in a good humor. Among the blessings of the year let us number our great apple crop. Forty million barrels are none too many. They will be poured out upon our people in a rainbow shower and will bring health and gladness into many homes.—*The Spy*.

## *How the Apple Should be Purchased for Economy and Cared for in the Home*

The consumer of the apple will find it of great advantage to purchase by the original package, as packed at the orchard; this insures the variety, grade and quantity as stamped on package; acquaints you with the district where the fruit is grown; is desirable from a sanitary standpoint as it places the fruit in your possession free from exposure and contamination from rehandling, and from an economic view it saves from 50 to over 100 per cent under the price one pays when purchased by the dozen, peck or any quantity of broken package. Purchased in this manner places the apple as one of the staple foods in your home rather than in the class of luxuries.

The western box package is preferable to the barrel, as it contains one-third the quantity, thus avoiding loss by deterioration before being consumed and also the necessity of frequent picking over; it is graded and packed under close inspection; in highest grades each apple is carefully tissue to prevent bruising and when unwrapped will be found as perfect as when picked from its tree.

Proper storage of the apple in the home is simple and consists of placing the packages where the atmosphere is dry, cool and subject to as little variation in temperature as possible. A small room can be partitioned off in the basement and, if possible, should have an outside window to assist in proper ventilation. Place the lower box on two sticks and always rest boxes on their side rather than on top or bottom, as bruising might occur; place the stamped end out. After cover has been removed then box may be placed on its bottom.



# Curative Properties of Fruit

By J. H. Kellogg, Battle Creek (Michigan) Sanitarium.

Extracts from article appearing in March *Better Fruit*.

Fruits differ from most other foods in the fact that they require no cooking. They are, as they say in Mexico, cooked in the sun. It may even be said that they require no digestion. This last statement, if not absolutely true, is nearly so, for the sugars and acids of fruits require no digestion, but are ready for immediate absorption and supply the body with nutriment in its most easily available form. This is why fruits and fruit juices are so wonderfully and immediately refreshing. The energy-imparting elements which they contain are ready for immediate absorption and hence do not tax the body or digestion.

The common prejudice against the use of acid fruits on the ground that they render the blood acid, and hence should be avoided in gout and rheumatism, is entirely without foundation. The acids of fruits are combined with alkaline substances. When fruits are eaten, the acids are quickly digested, burned or utilized in the body, leaving the alkalis behind, so that the effect of fruits, even those that are decidedly acid in flavor, is to increase the alkalinity of the blood and to aid the body in getting rid of uric acid and other poisonous acid wastes. The free use of apples and of juicy fruits of all sorts is to be highly recommended in all cases of chronic rheumatism, gout, and in fact in all forms of chronic diseases. Fruits stimulate intestinal activity not only by furnishing the bulk which the bowels require to stimulate action, but also through the stimulating effect of the acids and sugars which they contain, which act especially upon the small intestine.

EATING AN APPLE.—“Do you know what you are eating?” said the doctor to the girl. “An apple, of course.” “You are eating,” said the doctor, “albumen, sugar, gum, malic acid, gallic acid, fibre, water and phosphorus.” “I hope those things are good. They sound alarming.” “Nothing could be better. You ate, I observed, rather too much meat at dinner. The malic acid of apples neutralizes the excess of chalky matter caused by too much meat, and thereby helps to keep you young. Apples are good for your complexion. Their acids drive out the noxious matters which cause skin eruptions. They are good for your brain, which those same noxious matters, if retained, render sluggish. Moreover, the acids of the apple diminish the acidity of the stomach that comes with some forms of indigestion. The phosphorus, of which the apple contains a larger percentage than any other fruit or vegetable, renews the essential nervous matter of the brain and spinal column. Oh, the ancients were not wrong when they esteemed the apple the food of the gods—the magic renewer of youth to which the gods resorted when they felt themselves growing old and feeble. I think I’ll have an apple,” concluded the doctor.—*N. Y. Tribune*.



## *Information for the Consumer of Apples and the Dealer*

By E. H. Shepard,

Editor of "Better Fruit," Hood River, Oregon.

The last few years have demonstrated the necessity for co-operation among fruitgrowers, scientific business methods of selling and distribution, and perhaps equally important, educational information for the consumer, in order that he or she may be able to purchase apples suited to their taste and each variety in its proper season. This information will also be valuable to the wholesaler and retailer.

Sixteen varieties of apples have been selected, which are grown extensively in the Northwest, and these varieties are the ones which the Northwest produces in a higher state of perfection than any other district in the world.

The following table is arranged in a simple manner, giving varieties in the order of their maturity and the months in which they are best for consumption.

The first column gives the name of the variety.

The second gives the eating quality in three general terms: Excellent, Good and Fair.

The third column gives the cooking qualities, using the same terms.

The fourth column gives the months in which the apples are best for consumption on delivery from common storage.

The fifth column gives the additional months in which the apples are prime if kept in cold storage; however, many of these varieties, particularly the ones of firm flesh, if picked at the right stage of maturity and promptly placed in cold storage, will remain in prime condition two or three months longer. In this class may be mentioned the Newtown Pippin, Winesap, Rome Beauty and Arkansas Black.

The sixth column indicates in a few words the flavor of the apple.

The seventh column indicates the range of size; for instance, 72 means the box contains 72 apples, 72 to 150 indicates that nearly all the boxes of this variety will vary in size as numbered from 72 to 150 in each box; all apples in each box will be of uniform size. However, a small per cent of the boxes of any variety may be either larger or smaller than the range given.

The following list indicates the number of apples contained in each box according to their size, including all sizes that at the present time are being packed,—36, 41, 45, 48, 50, 54, 56, 64, 72, 80, 88, 96, 104, 112, 113, 120, 125, 128, 138, 150, 163, 175, 188, 200, 213, 225.

If the range of numbers is small, it indicates the variety is large; for



instance, King of Tompkins, 72-128, indicates a large variety; Grimes Golden, 112-165, indicates a smaller sized variety.

The next column gives the color to assist the purchaser to recognize the variety.

The last column gives the origin of the variety, and it is with pardonable pride that attention is called to the fact that fourteen out of the sixteen varieties originated in the United States, one in Canada and one in Germany.

All Northwestern boxed apples will be labelled on the end of the box. The reading matter will specify where the apples are grown, by what association they are packed, the number of apples contained in the box, the grade and the name of the variety.

If you buy boxed apples with association labels, or with labels of well-known shipping concerns, you can feel assured of quality as represented.

The Northwestern apples will be put up in three grades: Extra Fancy (or No. 1), Fancy (or No. 2) and C grade (or No. 3). Extra Fancy apples are the most perfect in color and free from blemishes of all kinds. The Fancy grade will be less highly colored with only slight blemishes, and while not quite as perfect, the eating quality will be the same. The C grade will be good, usable apples for either eating or cooking, according to the variety. Some shippers may use other terms to signify these grades. Information about their significance can easily be obtained from the jobber or retailer.

No diseased fruit will be permitted in any grade.

Buy the best grade you can afford; in any case you will get satisfaction. If you use apples in quantity you will find it cheaper to buy by the box.

Be sure and buy Northwestern boxed apples from fruit dealers and grocers with established reputation for straight dealing.

Variety	Eating Quality	Cooking Quality	Months for Using Cold Storage	Months for Using Will Include	Flavor	Size	Color	Origin
Gravenstein . . .	Excellent	Excellent	Aug. Sept.	Oct.	juicy, crisp	72-150	red-yl striped	Ger.
King Tompkins . .	Good	Good	Sept. Oct.	Nov.	mild, juicy	72-128	red to yel	N. J.
McIntosh Red . . .	Excellent	Fair	Sept. Oct.	Nov. Dec.	pleasant, juicy	112-200	br red	Ont.
Jonathan . . .	Excellent	Good	Oct. Nov.	Dec.	mild, juicy, crisp	96-225	br red	N. Y.
Grimes Golden . .	Excellent	Fair	Oct. Nov.	Dec.	mild, pleasant	112-165	yel some pink bl	Va.
Wagener . . .	Excellent	Good	Oct. Nov.	Dec.	juicy, sub-acid	96-165	red-yl striped	N. J.
Spitzenberg . . .	Excellent	Excellent	Nov. Dec. Jan.	Feb. Mar.	spicy, sub-acid crisp, rich, juicy	80-150	br red	N. Y.
Delicious . . .	Excellent	Fair	Nov. Dec. Jan.	Feb. Mar.	mild, slightly sweet	72-140	red-yl mottled	Iowa
Winter Banana . .	Good	Fair	Dec. Jan.	Feb. Mar.	mild	80-150	yel pink blush	
Ortley . . .	Excellent	Excellent	Dec. Jan.	Feb. Mar.	mild, juicy, sub-acid	80-150	golden yellow	N. J.
Red Cheek Pippin .	Good	Good	Dec. Jan.	Feb. Mar. Ap.	mild	80-150	yel some blush	N. J.
Staymen Winesap .	Good	Fair	Dec. Jan.	Feb. Mar.	mild, sub-acid	96-175	yel-red striped	Kan.
Rome Beauty . . .	Very good	Good	Dec. Jan.	Feb. Mar. Ap.	pleasant, sub-acid	72-165	yel-red mottled	Ohio
Newtown Pippin . .	Excellent	Excellent	Jan. Feb. Mar. Apr.	May	acid, very juicy crisp	80-200	yel some blush	N. Y.
Winesap . . .	Excellent	Good	Jan. Feb. Mar. Apr.	May	sub-acid, crisp very juicy	128-225	dark red	N. J.
Arkansas Black . .	Fair	Good	Feb. Mar. Apr. May	June	moderate	72-165	deep, dark red	Ark.

## *Recipes for Serving the Apple*

**Apple Balls with a Mixture of Fruit.**—Peel large apples, with a potato scoop cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineapple and banana and put into glasses; add a few of the apple balls, pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once or the apples may turn brown.

**Apples in Bloom.**—Cook red apples in boiling water until soft. Have the water half surround the apples and turn often. Remove skins carefully that the red color may remain and arrange on serving dish. To the water add one cup of sugar, grated rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples. Serve with cream sauce.

**Cream Sauce.**—Beat the white of one egg stiff; add the well-beaten yolk of one egg and gradually add one cup of powdered sugar. Beat one-half cup of thick cream and one-fourth cup of milk until stiff, combine the mixture and add one-half teaspoonful of vanilla.

**Brown Betty.**—Pare and chop six apples; place a layer of apple in a well-buttered pudding dish, then a layer of bread crumbs, sprinkle with brown sugar and cin-

namon, repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown and serve with plain or whipped cream.

**Apple Butter Canapes.**—Cut thick slices from a loaf of brown bread; stamp into rounds with a biscuit cutter. Spread each round with apple butter. In the center place an English walnut or hickory-nut meat and arrange a border of chopped nuts around the edge. Serve with cheese cubes.

**Apple Butter.**—Pare, core and quarter the desired quantity of apples, allowing one-third of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced one-half. While the cider is boiling rapidly add apples until the mixture is the desired thickness. Cook slowly, stirring constantly and skimming when necessary. When the apples begin to separate from the cider take two pounds of sugar to each bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled. Usually one and one-half bushels of apples are enough for one and one-half gallons of boiled cider.

APPLES contain as great food values as meat.

**Apple Biscuit.**—To one pint of light bread sponge add one-quarter cup of molasses, one tablespoonful of lard and graham or whole wheat for a soft dough. Beat vigorously and finally work into the dough one large cup of chopped apple; shape the dough into biscuit and place in muffin pans and allow them to be very light before baking.

**Apple Charlotte.**—Soak one-half box of granulated gelatine in one-half cup of cold water for half an hour. Whip one pint of cream and set on ice; add one-half cup of powdered sugar, a tablespoonful of lemon juice and two good-sized apples, grated. Dissolve the gelatine over hot water and strain into the mixture; stir quickly and pour into a mould. Set on ice to chill and serve.

**Apple Cobbler.**—Pare and quarter enough tart apples to fill a baking dish three-fourths full. Cover with a rich baking powder biscuit dough made soft enough to stir, spread it over the apples without rolling. Make several cuts in the center to allow the steam to escape. Bake for three-quarters of an hour and serve hot with sugar and rich cream.

**Apple Conserve.**—For each pound of quartered and pared apples allow three-quarters of a pound of sugar and half a pint of water. Boil sugar and water until a rich syrup is formed; add the apples and simmer until clear. Take up carefully,

lay on plates and dry in the sun. Roll in sugar and pack in tin boxes lined with waxed paper.

**Apple Compote and Orange Marmalade.**—Boil twelve tart apples in one quart of water until tender, strain through a jelly bag; add one pound of granulated sugar and let boil. While boiling add twelve apples, cored and pared. When the apples are tender drain them carefully in a perforated skimmer. Boil the syrup until it jells; fill the apples with orange marmalade and pour the syrup over them. Serve with whipped cream.

**Crabapple Marmalade.**—Wash and core crabapples and put them through the meat chopper. Put into a preserving kettle and add water until it shows through the top layer of apples. Cook until soft. Weigh and add an equal weight of sugar. Cook until the mixture forms a jelly when cooled and pour into sterilized glasses. Cover with paraffine.

**Apple Custard.**—Beat the yolks of four eggs and add one-half cup of sugar; cook for one or two minutes and remove from the fire. Gradually add one pint of grated apple. Pour into a serving dish and serve with a meringue made of the well-beaten whites of four eggs and three tablespoonfuls of powdered sugar.

An APPLE a day keeps the doctor away.



**Apple Cup Custard.**—Pare, core and steam four good-sized tart apples until tender; press through a sieve. While hot add one tablespoonful of butter, four tablespoonfuls of sugar, the yolks of four eggs and one-half pint of milk. Turn into baking cups and bake for twenty minutes. Beat the whites of four eggs until stiff, add four tablespoonfuls of sugar, beat and heap over the top of the cups; dust thickly with powdered sugar and brown in the oven. Serve cold.

**Apple Croquettes.**—Pare, quarter and core enough tart apples to make a pint; place in a saucepan with one small tablespoonful of butter and, if the apples are not juicy, a few tablespoonfuls of water. Cover and stew gently until tender, then press through a sieve. Return to the fire and add sugar. Add one tablespoonful of corn-starch and one-quarter of a teaspoonful of salt mixed to a thin paste with cold water; stir until thickened, cover and cook slowly for fifteen minutes. Turn out on a greased dish and set away until cold. Form into tiny croquettes, roll in bread crumbs, dip in lightly beaten egg, then roll again in the crumbs and fry in deep fat; drain on unglazed paper and serve with roast pork or roast goose.

**Delmonico Apples.**—Put a layer of apple sauce in a buttered pudding dish, sprinkle with ground almonds, dot with butter and sprinkle

with crushed macaroons, add a little water and bake. Delicious when served with meat.

**Apple Float.**—A simple dessert may be made as follows: Beat the whites of four eggs to a stiff froth, add four tablespoonfuls of powdered sugar and beat until dry. Grate two large tart apples into the egg mixture, a little at a time, beating all the time. Have a large dish partly filled with plain cream; drop the apple and egg mixture by the tablespoonful over the surface of the cream and dot with candied cherries.

**Fried Apples, I.**—Quarter and core five apples without paring. Put into a frying pan and melt beef drippings in it; when hot lay a layer of apples in it, skin side down, sprinkle with brown sugar, and when nearly done turn and brown; place on a platter and sprinkle with sugar; set in hot oven and continue frying apples one layer at a time.

**Fried Apples, II.**—Quarter and core five apples without paring. Put into a frying pan one cup of sugar, one tablespoonful of butter and three tablespoonfuls of water. Let this melt and lay in the apples with the skin up. Cover and fry slowly until brown.

**Apple Fritters, I.**—Mix and sift one and one-third cups of flour, two teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Add gradually, while stirring constantly, two-thirds of a cup of

milk and one egg well beaten. Wipe, core, pare and cut two medium-sized sour apples into eighths, then slice the eighths and stir into the batter. Drop by the spoonful into hot deep fat and fry until delicately browned; drain on brown paper and sprinkle with powdered sugar.

Apple Fritters, II.—Core and pare four apples. Cut into slices one-third inch thick, leaving the hole in the center. Sprinkle with sugar, lemon juice and cinnamon. Dip each slice in fritter batter and fry in deep fat. Drain on brown paper and sprinkle with sugar.

Glazed Apples with Spiced Prunes.—Choose large apples of uniform size; pare, core and cook until tender in syrup. Remove to a platter. Boil the syrup down to a jelly and pour over the apples. Fill the centers with spiced prunes and dust the top of each apple with powdered sugar and serve hot.

Apple Icing.—One cup of sugar, one-third cup of water, one tablespoonful of cream of tartar; heat gradually and boil without stirring until the syrup will thread when dropped from a fork. Pour slowly over the well-beaten white of one egg, beating constantly, and continue until thick enough to spread. Add two tablespoonfuls of grated apple, beat and spread on the cake.

Sauce for Apple Jonathan.—One and one-half cupfuls sweet milk, one tablespoonful butter, one-half cupful sugar, two tablespoonfuls

cornstarch, three heaping table-spoonfuls raspberry jam. Place milk in porcelain dish over fire, let boil slowly; mix butter, sugar and cornstarch together; add one-third cupful cold milk; mix until smooth, then stir slowly into the boiling milk; let boil five minutes, then remove from fire and add raspberry jam. To be served hot.  
—J. W. W., New York City.

Apple Loaf.—Reserve enough bread dough to make a small loaf. Work thoroughly into it one table-spoonful of butter, one-third cup of sugar, one-quarter of a tea-spoonful of cinnamon and two well-beaten eggs. Add flour to make a soft dough, knead lightly and let rise. Divide into three equal parts and roll each part to fit the pan. Lay one piece in a buttered pan, spread over it an inch layer of sour apples chopped fine. Pour over the apples a table-spoonful of melted butter; cover with the second piece of dough and continue as before; brush the top with milk and let rise until very light. Steam for one hour, then place in a hot oven to brown lightly. Serve in slices with sugar and cream.

Apples, Nut Stuffing and Whipped Cream.—Scoop out apples and fill the shell with English walnuts and apple pulp mixed with mayonnaise; place in a circle on a large serving dish and heap whipped cream in the center.

**Apples with Oatmeal.**—Core apples, leaving large cavities, pare and cook in a syrup made by boiling one cup of sugar with one and one-half cups of water for five minutes. When the apples are soft drain and fill cavities with the hot, well-cooked meal and serve with cream and sugar.

**Apple-Pan Dowdy.**—Line a baking dish with thin slices of buttered bread. Fill in the center with sliced apples, sprinkle over the top four tablespoonfuls of dark-brown sugar and one-half teaspoonful of cinnamon. Add one-half a cup of water and cover with another layer of buttered bread, with the buttered side up. Bake for one hour in a moderate oven. Serve with liquid pudding sauce.

**Apples and Rice.**—Pare and core apples, place in a baking dish and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has boiled for fifteen minutes. Cover and bake for fifteen minutes, remove cover and bake for fifteen minutes longer. Serve hot with cream.

**Apple Sponge.**—Cover one-half box of gelatine with cold water and allow it to stand for half an hour, then pour over it half a pint of boiling water and stir until dissolved. Mix a pint of strained apple sauce with the gelatine, add a pound of sugar and stir until it

melts, and the juice of two lemons. Set on ice until it begins to thicken. Beat the whites of three eggs to a stiff froth, stir into the apple mixture and pour into a mould. Serve with whipped cream.

**Apples Stuffed with Figs.**—Pare and core large apples; fill centers with chopped figs, cover with sugar, place in a deep baking dish and add a little water; bake, basting well frequently. Serve with cold cream.

**Prune and Apple Tart.**—Stone one can of prunes, put them into a pudding dish, add to them one pound of sliced apples, three tablespoonfuls of sugar, one teaspoonful of mixed spice and grated rind of half a lemon. Cover with a good pastry and bake in a hot oven until ready.

**Apple Sauce Cake.**—Cream half a cup of butter and beat in one cup of sugar; add a cup of raisins chopped and dredged with flour, one saltspoonful of salt, one and one-half teaspoonfuls of cinnamon and one-half teaspoonful of grated nutmeg. Mix these ingredients. Dissolve one teaspoonful of baking soda in a little warm water and stir into a cupful of unsweetened apples; let it foam over into the other ingredients and beat thoroughly; add two cups of flour and bake three-quarters of an hour in a moderate oven.

“Health’s best way—eat apples every day.”



**Panned Baked Apples.**—Core and cut apples into eighths. Put a layer in a baking dish, sprinkle with two tablespoonfuls of sugar, add another layer of apples and continue until the dish is full. Add to each quart of apples a half pint of water, cover the dish and bake in a quick oven until soft. The skin, which is left on, gives a fine flavor. Serve hot in the dish in which they were baked. This is very nice when served with the meat course at dinner.

**Apple Tapioca.**—Soak three-fourths of a cup of tapioca in water for one hour to cover, drain, add two and one-half cups of boiling water and one-half teaspoonful of salt; cook in double boiler until transparent. Core and pare apples, arrange in a buttered baking dish, fill cavities with sugar, pour tapioca over apples and bake in a moderate oven until the apples are soft. Serve with sugar and cream or with cream sauce. Sago may be used instead of tapioca.

**Apple Turnovers.**—Cut ordinary pie crust in squares. Put apple sauce through a sieve, add a few grains of salt and a few gratings of nutmeg. The apple sauce should not be too moist. Trace a figure on one side of the square of paste, on the other side, diagonally, place a spoonful of the apple sauce.

**Baked Apples.**—Wipe and core sour apples. Place in a baking dish and fill centers with sugar and cin-

namon, allowing one-half cup of sugar and one-fourth teaspoonful of cinnamon to eight apples. Cover the bottom of the dish with boiling water and bake in a hot oven until soft, basting often with syrup in the dish. Serve hot or cold with cream.

**Baked Apple Dumplings.**—Cut rich pie crust into six-inch squares. In the center of each place a small apple, pared and cored. Fill the apples with sugar, cinnamon and a whole clove. Wet the edges of the pastry with white of egg, fold it over the apple, pinch and flute to look well; bake about forty minutes; toward the last brush the top with white of egg and sprinkle with sugar. Serve with hard sauce.

**Individual Apple Dumplings.**—Butter six muffin rings and set them on a shallow agate pan which has been well buttered. Fill the rings with sliced apples. Make a dough of one and one-half cups of pastry flour sifted several times with one-half teaspoonful of salt and three level teaspoonfuls of baking powder. Chop into the dry ingredients one-fourth of a cup of shortening, gradually add three-fourths of a cup of milk or water. Drop the dough on the apples on the rings. Let bake about twenty minutes. With a spatula remove each dumpling from the ring, place on a dish with the crust side down. Serve with cream and sugar, hard sauce or with a fruit sauce.

**Apple and Rhubarb Jelly.**—Cut apples into quarters. To every pound of apples add one cup of rhubarb juice. Let simmer until apples are soft. Strain through a jelly bag without pressure. To each pint of juice add one pound of sugar. Boil briskly, stirring well and removing all scum until of the desired consistency. Pour into tumblers and cover with paraffine. The addition of the thin outer rind of the lemon is considered an improvement to apple jelly.

**Apple and Quince Preserves.**—Pare, core and quarter Baldwin apples; add a third as many quinces that have been pared, cored and cut into small pieces and boiled until tender. Make a syrup of the water in which the quinces were boiled and as much sugar as there are apples and quinces. Let boil, skim and drop the quinces and apples in, and let boil for fifteen minutes; dip out carefully and put into jelly glasses; boil the syrup until it will jelly and pour over the fruit.

**Bird's Nest Pudding.**—Core and pare eight apples, put into a deep, well-buttered pudding dish, fill the centers with sugar and a little nutmeg, add one pint of water and bake until tender, but not soft. To two cups of flour add three teaspoonfuls of baking powder, one teaspoonful of salt, one pint of milk and the well-beaten yolks of four eggs; stir thoroughly and fold in

the whites of four eggs beaten dry. Pour over the apples and bake for one hour in a moderate oven. Serve hot with any pudding sauce.

**Indian Pudding with Apples.**—Scald two quarts of sweet milk, stir in a cup of cornmeal until the mixture thickens. Remove from the fire, add one and one-sixth cups of molasses, one teaspoonful of salt, one-half teaspoonful each of nutmeg and cinnamon and two cups of sweet apples, pared, cored and quartered. Pour into a deep pudding dish and bake for four hours. When the pudding has baked for one and one-half hours add, without stirring, one pint of cold milk. Serve with cream and sugar or syrup.

**Pastry; General Rules.**—Have everything cold; do not make the dough too moist; use pastry flour if possible; roll only once. Paste kept on ice over night becomes much more flaky than when first made. To prevent the lower crust from becoming soaked brush over with white of egg. Brush the edge with unbeaten white of egg or water and press the two crusts together with the thumb and finger, a pastry roller or the tines of a fork. Always leave an opening in the center of the upper crust that the steam may escape. Bake pies having a cooked filling in a quick oven and those with an uncooked filling in a moderate oven. Let pies cool upon plates on which they

are made, because slipping them onto cold plates develops moisture which always destroys the crispness of the lower crust.

**Beating and Baking a Meringue.**—Have cold, fresh eggs; beat the whites until frothy; add to each white one level tablespoonful of powdered sugar. Beat until so stiff that it can be cut with a knife. Spread on the pie and bake with the oven door open until a rich golden brown. Too much sugar causes a meringue to liquify; if not baked long enough the same effect is produced.

**Plain Pastry.**—Sift one cup of flour and one-fourth teaspoonful of salt into a bowl; rub into it five level tablespoonfuls of shortening until the whole is reduced to a fine powder; add cold water, slowly, to make a stiff dough. Place on a slightly-floured board and roll into a circular shape to fit the plate. Fit it loosely into the plate, as it shrinks when baked.

**Apple Pie, I.**—Line a pie plate with good paste; fill with thin slices of good cooking apples, sprinkle with one-half cup of sugar which has been mixed with a heaping teaspoonful of flour and a pinch of salt; cover with an upper crust and bake in a moderate oven for half an hour.

**Apple Pie, II.**—Line a deep pie plate with good paste; pare, core and chop enough tart apples to make one quart; stir through the

apples one cup of granulated sugar which has been mixed with one tablespoonful of dry flour and a pinch of salt. Squeeze the juice from half a lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay one-half inch strips of pastry across the top, crossing them in diamond shape. Bake in a moderate oven.

**Apple Pie, III.**—Pare, core and cut into eighths four or five sour apples; fill a pie plate that has been lined with paste. Mix one-third of a cup of sugar, one-eighth of a teaspoonful of salt, one-fourth of a teaspoonful of nutmeg, one teaspoonful of lemon juice and a few gratings of lemon rind; sprinkle over the apples; dot over with one teaspoonful of butter cut into bits. Wet edges of crust, cover with upper crust and bake forty to forty-five minutes in a moderate oven. A good pie may be made without the lemon juice, butter or lemon rind. Evaporated apples may be used in place of fresh ones if soaked overnight in cold water.

**Dried Apple Pie.**—Soak and stew apples until tender, pass through a sieve and add sugar, a little orange or lemon rind and a small amount of butter. Fill and bake as any other pie. Serve warm with sweetened cream.

School children should eat more APPLES and less glucose.



Apple Pie Decorated with Cream and Cheese.—Make an apple pie after your favorite recipe. Have ready a cream cheese, press through a ricer, cut and fold into the cheese a cup of double cream beaten until solid; add a few grains of salt. Put this mixture through a pastry tube, in any pattern, on top of the pie. Serve as a dessert at either luncheon or dinner.

Date and Apple Pie.—Line a pie plate with a rather rich crust; fill it with a mixture of chopped dates and apples, sprinkle over half a cup of sugar and one teaspoonful of cinnamon; add two tablespoonfuls of water, cover with a top crust and bake about one-half hour in a moderate oven.

Apple and Nut Salad.—Mix one pint of celery and one pint of apples cut into small match-like pieces with one-half pint of English walnut meats broken into small pieces. Dress with boiled salad dressing and serve in apple cups or on lettuce leaves.

Apple Chicken Salad.—Take six ripe apples and scoop out the centers; fill them with cold cooked chicken, minced fine, seasoned with finely minced green peppers and salt, with enough cream to moisten. Place apples in a steamer and cook until almost tender. Put them on ice and serve with mayonnaise on lettuce.

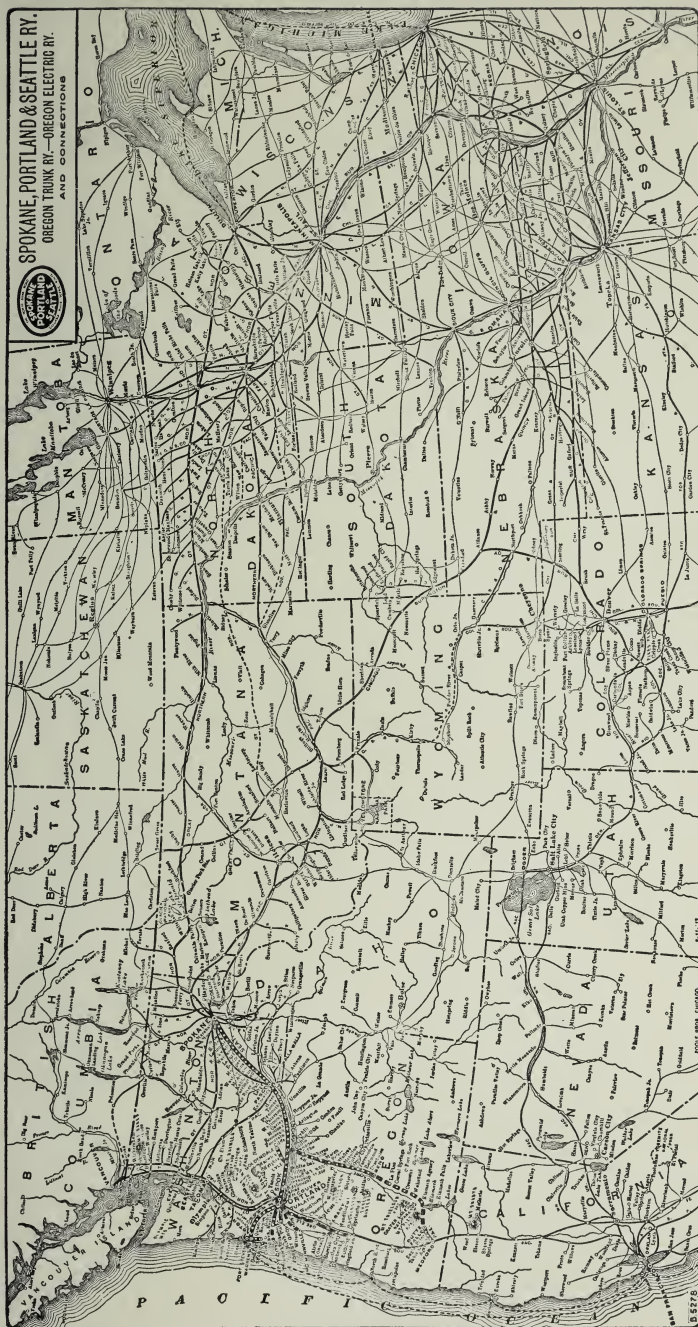
Boiled Salad Dressing.—Scald one cup of milk in a double boiler. Blend three tablespoonfuls of flour,

one teaspoonful of mustard, two teaspoonfuls of salt, one teaspoonful of sugar and a dash of cayenne; add to the slightly-beaten yolks of two eggs. Pour the hot milk slowly over the egg mixture, stirring constantly. Return to the double boiler and cook until it thickens; add slowly one-half cup of vinegar and one tablespoonful of butter. Whip in, a little at a time, the well-beaten whites of the eggs. Strain into glasses or glass jars. This dressing will keep for several weeks if in a cool place.

Cider Apple Sauce.—Reduce four quarts of new cider to two by boiling; add enough pared, cored and quartered apples to fill the kettle. Let cook slowly for four hours. This is very nice when served with roast pork.

New England Apple Sauce.—Pare, core and quarter twelve tart apples of medium size. Put into an earthen jar or deep casserole; add one and one-half cups of sugar and one cup of water. Cover and bake slowly in a moderate oven until a deep red, from two to three hours.

(The recipes contained in this book are selected from a list of 209 published in book form and dedicated to the National Apple Show by L. Gertrude Mackay, Ph. G., B. S., B. A., acting head of the Department of Domestic Economy of the State College of Washington, 1909. Anyone desiring the entire list of 209 recipes can obtain same by sending twenty-five cents to Miss L. Gertrude Mackay, Pullman, Wash.)



THROUGH TRAINS ARE RUN BETWEEN CHICAGO, ST. PAUL, MINNEAPOLIS, SPOKANE AND PORTLAND, WITH DIRECT CONNECTING SERVICE FROM ST. LOUIS, KANSAS CITY, OMAHA AND DENVER, VIA LINES SHOWN ON THIS MAP.



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